



# Colonial Update



Shrewsbury High School Newsletter

Mar 2005

Dear Parents and Guardians:

The FIRST Robotics Team has shipped their newly designed robot to the competition in New Hampshire, and the hockey and boys' and girls' basketball teams are preparing for districts. Soon, the musical *Footloose* will hit the stage and the Speech and Debate Team's annual Mardi Gras Tourney will take place on campus. And those are just some of the activities happening at SHS!

- **Course selection.** This month students will begin the course selection process for next year. Each student will receive a copy of the *2005-06 Shrewsbury High School Program of Studies* during classroom presentations designed by the guidance counselors. Counselors will be visiting ninth, tenth, and eleventh grade classrooms to review the course selection process and assist students with course registration information. Please encourage your child to bring the *2005-06 Program of Studies* home so that you can review program offerings and discuss options together. You can also view the Program of Studies on the high school's webpage. ([www.shrewsbury-ma.gov/schools/SHS/](http://www.shrewsbury-ma.gov/schools/SHS/))

Students are required to have a parent signature on their course registration sheet prior to registering for courses. Parents are also encouraged to contact your child's guidance counselor if you desire additional information regarding the course selection process.

- **Parent Conference Day is Wednesday, March 16<sup>th</sup>.** There will be no classes for students on that day. Teachers will be contacting parents beginning the week of February 28<sup>th</sup> to provide additional information regarding scheduling conferences. The goal of this conference day is to meet with parents regarding the progress that individual students have made thus far in the school year. However, while we are designating March 16<sup>th</sup> as a Parent Conference day, it is important to note that you are most welcome to speak or meet with teachers at any time throughout the year. I invite you to contact a teacher or counselor if you wish to arrange a meeting or speak on the phone about your son or daughter's classroom performance.

- **Budget Update.** I am working closely with the superintendent and central office staff to plan for an appropriate level of staffing next school year to meet the expected increase of nearly 100 high school students. Clearly, we need additional teachers to meet student needs. Unfortunately, the town's financial situation is extremely tight at a time when we need more resources to provide the level of service and education parents have come to expect. Please become informed about the difficult budget issues as they take shape in the next month or two and participate in the community's dialogue about the developing town and school budget. All of us need good information to make thoughtful decisions about our schools and community!

As always, contact me at 508.841.8808 or [dgutekanst@shrewsbury.k12.ma.us](mailto:dgutekanst@shrewsbury.k12.ma.us) with questions, concerns, or ideas.

Sincerely,

Daniel Gutekanst, Ed.D.  
Principal



*The Shrewsbury High School community provides challenging, diverse learning opportunities; promotes creativity and independent thinking; and empowers students to become capable, caring, active contributors to the world in which they live.*

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## FROM THE PARENT FORUM COORDINATORS

We would like to thank the staff members who ran our last (and the last for the year) Parent Forum meeting for freshman and sophomore parents. Jamie Zona and Nick DiPilato of the guidance department and our principal, Dan Gutekanst, gave us valuable insight on Looking Ahead at College. The presentation room was almost full, and useful facts, as well as informative anecdotes, were relayed to the parents.

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## ANNUAL TEACHER & STAFF APPRECIATION LUNCHEON

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**Monday, March 28**

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We will need volunteers to help make this event a success. Expect a call asking for help. Volunteers are needed for cooking, set up, clean-up and serving. This annual event is a big hit with the staff thanks to the hard work of the parents. It is being held on a professional day, so the kids will not be in school. If you know you can help, please call Penny McLaren at 842-0143 or Lisa Easson at 842-7133. Thank you!

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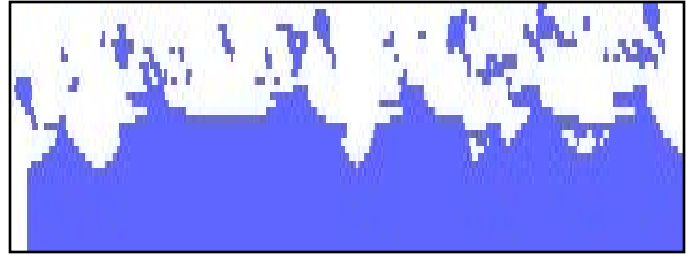
### PRINCIPAL'S COFFEE

7:45 am – check school office for location  
 Wednesday, March 16 (Conference Day)  
 Wednesday, April 13  
 Wednesday, May 11

**Remember to stay involved and volunteer. Your participation truly strengthens SHS.** We are interested in hearing your ideas, concerns and comments. Thank you for your continued support.

Warmly,

Nancy Donahue	842-4557
Lisa Easson	842-7133
Angela Grip	842-9104
Joanne Hubbard	842-4895
Karin Hutt	842-2392
Penny McLaren	842-0143
Laurie Neumann	842-7718
Deborah Peeples	842-8693
Regina Pialtos	842-7818
Kathleen Thompson	842-1827
Marianne Upton	842-4175



The Junior After Prom Party Committee  
 Presents this year's theme

## **"THE BOARDWALK"**

**1). REMINDER:** Junior parents are asked to make a financial contribution.

To :

Junior After Prom Committee  
 c/o Alicia Howe, Treasurer  
 24 Hawthorne Rd. Shrewsbury

**2). CHAPERONES are needed May 7<sup>TH</sup>**  
 (after the prom)

Contact Chris L'Bassi 508-842-2641,  
 blbassi@townisp.com

**3.) March meetings are:**

March 2<sup>nd</sup>  
 March 9<sup>th</sup>  
 March 23<sup>rd</sup> and  
 March 30<sup>th</sup>

**All at 7pm at SHS commons.**

Contacts:

Terry Bolton 508-845-9937,  
 terrcar42@aol.com  
 Rita Innamorati 508-842-4186,  
 ritaann817@townisp.com

**Juniors' Performance Assessment  
Final Examination**

**Jennifer DiFrancesca, Director of Social Sciences  
Bonita LaBelle, Director of English**

In May and June, all juniors at Shrewsbury High School will participate in Performance Assessment. This is the eleventh year of this exciting and comprehensive assessment. Teachers will organize students into teams of five or six students. Students will have both individual and team responsibilities. During the week of May 23, each team will be given a paper bag containing a unique combination of five or six items that have been selected by their teachers. The items represent various aspects of history and literature. They are clues around which the teams will apply their research skills. During a two-week research period teams will build a body of knowledge around each item. They will draw information from an array of sources. Each student will also write an original essay on the item that they have individually researched. Teams must work cooperatively to assure the quality and extent of the research. Teams must also work together to create a twenty-minute presentation that ties their individual items together around a common theme and thesis. Following the team presentation there are twenty minutes of Q&A from the audience—classmates, teachers, and guests.

Since September, American Studies and AP US History students have been acquiring and perfecting the skills and knowledge they will need to be successful in Performance Assessment. Parents can help by reviewing and discussing the directions and due dates with their students. In the past the most successful students established a thoughtful and realistic plan to manage their time and schedules. Time management is an essential component of Performance Assessment. Parents, family members, and teachers can also serve as sources of interviews or expertise on the wide variety of items students will be researching. Most importantly, parents can listen and offer encouragement as students research their items, brainstorm connections, consider topics for their research paper and plan their presentation.

Year eleven of Performance Assessment promises to provide challenges to all students while at the same time providing real opportunities for students to experience a sense of accomplishment as they demonstrate what they can do—and do well.

Breathing Out Anger (BOA) Pilot Program  
Wednesdays March 9,16,23 & 30, 2005 6:30-8:00  
pm. **FREE ANGER MANAGEMENT GROUP  
FOR HIGH SCHOOL GIRLS.**

Karen K. Keefe Ph.D and Christine L. Biron L.M.H.C. will be co-leading the 4week BOA pilot series.

Sessions will be conducted at the Shrewsbury High School (please ask the participants arrive between 6:15 and 6:25 so the program can start on time at 6:30 pm)

**What is BOA?**

The BOA project is a group therapy initiative for adolescent girls focused on the development of specific coping skills to relieve stress, anger, anxiety and other disrupters utilizing breathing techniques and cognitive behavioral strategies.

**Who is it for?**

BOA will target "at risk" females between the ages of 14 and 18 from Shrewsbury High School. The program identifies "at risk youth" to include any of the following criteria: histories of and /or current involvement with the Juvenile Court, youth with diagnosed or suspected mental health issues, and /or learning difficulties, histories of and/or current academic and/or behavioral issues at school, youth with limited and/or age appropriate social skills, problems with coping, or family conflict. The pilot program will be limited to 6 girls who are willing to commit to full participation BOA pilot program. There is no charge for this group.

**What is it all about?**

The goal of the BOA program is to enhance and improve the participant's emotional and functional health status through education and the practical use of certain breathing techniques and cognitive behavioral coping strategies. The objectives are to build self-managing skills. The 6 participants will be asked to commit to participate in all 4 sessions, complete pre & post surveys and share personal insights in a daily journal and take part in a follow up interview one month after the program. The BOA pilot program is also a research project, which will produce a published study of the results. For more information and a referral, please call Chris Biron Shrewsbury Youth & Family Services 508-845-6932

**Upcoming Calendar**

03/11	Speech & Debate Tournament	Away	03:30pm
03/11	NHS Coffeehouse	Com	06:30pm
03/11	Vision & Hearing Screening - Gr.10		
03/12	Speech & Debate Tournament	Away	08:00am
03/13	Winter Sports Night	Aud	04:00pm
03/15	Softball Parent Meeting		M136
07:00pm			
03/15	Speech & Debate	B300's	06:30pm
03/15	Parent Forum	Com	07:00pm
03/16	FR: Best Buddies Bake Sale		
03/16	School Committee Mtg.		TH
07:00pm			
<b>03/16</b>	<b>Parent Conferences - NO SCHOOL</b>		
03/16	FR: Fashion for Charity Bake Sale		
03/17	FT: Black History Project Trip to NYC		
03/18	Serv. Learning Project:Mr. SHS	Aud	07:00pm
03/19	Hall of Fame Induction	Com	06:00pm
03/22	FR: Speech & Debate Daffodil Sale		
03/22	Parent Workshop	PR	07:00pm
03/22	Speech & Debate	B300's	06:30pm
03/24	Prom Fashion Show	Aud	07:00pm
<b>03/25</b>	<b>Good Friday - NO SCHOOL</b>		
<b>03/28</b>	<b>Professional Development Day - NO SCHOOL</b>		
03/29	FR: ELNA & Outreach until 4/15		
03/29	Speech & Debate	B300's	06:30pm
03/30	Varsity Math Meet	Away	
03/30	Scholarship Dinner	Com	04:00PM
03/31	Spring Musical - Sr. Performance & Dinner		
04/01	Spring Musical	Aud	07:00pm
04/02	Spring Musical	Aud	07:00pm
04/03	Spring Musical	Aud	02:00pm
04/05	SPS Music Association	CR	07:15pm
04/05	'06 College Planning Night	Aud	07:00pm
04/05	FT: Worcester Art Museum		11:00am
04/05	Speech & Debate	B300's	06:30pm
04/06	School Committee Mtg.		TH
07:00pm			

Please note that dates and times are su

Aud - Auditorium  
Com - Commons  
CR-Conf. Room



**Colonial Update is ON-LINE!**

Visit the SHS website at:

**[www.shrewsbury-ma.gov/schools/SHS/index.asp](http://www.shrewsbury-ma.gov/schools/SHS/index.asp)**

Click on the Students-Parents Link.

**A Word from your Newsletter Coordinator:**

The deadline for the April Issue of Colonial Update is **Thursday, March 17, 2005**. To ensure your article is included, please submit your contribution on or before the due date. Email all articles for Colonial Update to **shsupdate@aol.com** in Word format. Attachments or articles on disk/CD may be dropped off in the Colonial Update mailbox in the SHS main office. If you have any questions, please email me prior to the due date at **shsupdate@aol.com**.

Thank you,

Jean Sullivan  
Newsletter Coordinator  
[shsupdate@aol.com](mailto:shsupdate@aol.com)



**SHS ATHLETIC BOOSTER  
MEMBERSHIP DRIVE:**

It's not too late to join...remember seniors who are members are eligible for the annual drawings of scholarships..and membership supports the athletics at SHS!!!

Mail to : Diane Tonelli, 577 Grafton St. Shrews

2004-05 MEMBERSHIP FOR SHS ATHLETIC BOOSTERS ASSOC.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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Student Name: \_\_\_\_\_ Grad year: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grad year: \_\_\_\_\_

Dues:(per family)\$10.00: \_\_\_\_\_

donation: \_\_\_\_\_